serious green

Nutrition Facts

Serving Size: 12**oz** (340g)
Servings Per Container: 1

Amount Per Serving

Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 200mg	**8**%
Total Carbohydrate 10g	**3**%
Dietary Fiber 0g	**0**%
Sugars 6g	
Protein 2g	

Vitamin A 150%	•	Vitamin C 60%
Calcium 10%	•	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CUCUMBERS, CELERY, ROMAINE, PARSLEY, LEMON, SPINACH, KALE

the thrivery
2420 E STADIUM BLVD
ANN ARBOR, MI 48104
www.thethrivery.com

serious root

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 330mg	**14**%
Total Carbohydrate 15g	**5**%
Dietary Fiber <1g	**3**%
Sugars 13g	
Protein 2g	

Vitamin A 240%	•	Vitamin C 35%
Calcium 10%	•	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
BEETS, CARROT, GINGER, KALE, ORGANIC SPINACH, LEMON

the thrivery
2420 E STADIUM BLVD
ANN ARBOR, MI 48104
www.thethrivery.com

serious celery

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 60	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 310mg	**13**%
Total Carbohydrate 11g	**4**%
Dietary Fiber 6g	**24**%
Sugars 7g	
Protein 3g	

Vitamin A 35% • Vitamin C 20%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC CELERY

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sweet green

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 200	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 140mg	**6**%
Total Carbohydrate 53g	**18**%
Dietary Fiber 9g	**36**%
Sugars 37g	
Protein 3g	

Vitamin A 260% • Vitamin C 70%

Calcium 10% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC GRANNY SMITH APPLE, CARROTS, ORGANIC SPINACH, ORANGE, LEMON, KALE

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sweet root

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 180	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 220mg	**9**%
Total Carbohydrate 48g	**16**%
Dietary Fiber 7g	**28**%
Sugars 32g	
Protein 2g	

Vitamin A 530% • Vitamin C 20%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CARROTS, ORGANIC GRANNY SMITH APPLE, GINGER, LEMON

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sunshine

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 190mg	**8**%
Total Carbohydrate 21g	**7**%
Dietary Fiber <1g	**2**%
Sugars 16g	
Protein 1g	

Vitamin A 15% • Vitamin C 70%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC CELERY, PINEAPPLE, ORGANIC TURMERIC, BASIL

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www.thethrivery.com

mean green

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 15mg	**1**%
Total Carbohydrate 38g	**13**%
Dietary Fiber 6g	**24**%
Sugars 26g	
Protein 2g	

Vitamin A 25% • Vitamin C 60%
Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CUCUMBER, ORGANIC GRANNY SMITH APPLE, JALAPENO PEPPER, MINT, KALE

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www.thethrivery.com

Nutty

Nutrition Facts

1 serving per container

Serving size **12 oz (340g)**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 4g	**14%**
Total Sugars 13g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.3mg	8%
Potassium 170mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: IONIZED ALKALINE WATER, ALMONDS, MEDJOOL DATE, RAW CASHEW, VANILLA BEAN, EXTRACTIVES IN WATER, ALCOHOL (35%)

CONTAINS: ALMOND, CASHEW

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www.thethrivery.com

Immunity

Nutrition Facts

1 serving per container

Serving size **4 oz (113g)**

Amount Per Serving

Calories **25**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 140mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: IONIZED ALKALINE WATER, GINGER, LEMON, VINEGAR, APPLE CIDER, ORGANIC, RAW UNFILTERED, CAYENNE PEPPER POWDER - ORGANIC

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E3live + lemon/apple

Nutrition Facts

1 serving per container

Serving size 1 ounce (30mL)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 5g	**2%**
Dietary Fiber <1g	**3%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 50mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: AFA BLUE-GREEN ALGAE FROM KLAMATH LAKE OREGON, LEMON, ORGANIC GRANNY SMITH APPLE

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ANN ARBOR, MI 48104
www.thethrivery.com

all green

Nutrition Facts

Serving Size: **16** oz (**454g**)
Servings Per Container: 1

Amount Per Serving

Calories 136	Calories from Fat **48**
	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 112mg	**5**%
Total Carbohydrate 22g	**7**%
Dietary Fiber **6**g	**26**%
Sugars **9**g	
Protein 6g	

Vitamin A 170% • Vitamin C 160%

Calcium 20% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: IONIZED ALKALINE WATER, CUCUMBER, ORGANIC COCONUT WATER, CELERY, LEMON, SPINACH, AVOCADO, KALE, RAW GINGER ROOT, ORGANIC SPIRULINA

CONTAINS: COCONUT

the thrivery
6562 UNIVERSITY PKWY
LAKEWOOD RANCH FL 34202
www.thethrivery.com

avocado smoothie

Nutrition Facts

Serving Size: 20 oz (567g)
Servings Per Container: 1

Amount Per Serving

Calories 320	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 115mg	**5**%
Total Carbohydrate 54g	**18**%
Dietary Fiber 9g	**36**%
Sugars 31g	
Protein 11g	

Vitamin A 70% • Vitamin C 110%

Calcium 20% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC COCONUT MILK, BANANA, IONIZED ALKALINE WATER, ORGANIC COCONUT WATER, AVOCADO, KALE, SPIRULINA, ORGANIC MAPLE SYRUP, ORGANIC CHIA SEED

the thrivery
2420 E STADIUM BLVD
ANN ARBOR, MI 48104
www.thethrivery.com

berry basil

Nutrition Facts

Serving Size: 16 oz (454 g)
Servings Per Container: 1

Amount Per Serving

Calories 230	Calories from Fat 4
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 180mg	**8**%
Total Carbohydrate 58g	**19**%
Dietary Fiber 4g	**16**%
Sugars 46g	
Protein 2g	

Vitamin A 90% • Vitamin C 210%

Calcium 40% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC COCONUT WATER, IONIZED ALKALINE WATER, SPINACH, BLUEBERRIES, RASPBERRIES, STRAWBERRIES, BASIL

CONTAINS: COCONUT

the thrivery

6562 UNIVERSITY PWY
LAKEWOOD RANCH FL 34202
www.thethrivery.com

Dubai Smoothie

Nutrition Facts

1 Serving Per Container

Serving Size **1 (212g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 13g	**17%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 27g	
Includes 3g Added Sugars	**6%**
Protein 18g	
Vitamin D 9.7mcg	50%
Calcium 540mg	40%
Iron 5mg	30%
Potassium 670mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Bananas, Spinach, Garden of Life Raw Organic Chocolate Protein Powder, Pistachio Cream, Matcha, Nutella, Unsweetened Almond Milk, Kataifi

Contains: Sesame, Tree Nuts, Milk, Hazelnut

The Thrivery
6562 University Pkwy
Lakewood Ranch, FL 34240
www.thethrivery.com

health nut

Nutrition Facts

Serving Size:16 oz (454g)
Servings Per Container: 1

Amount Per Serving

Calories 460	Calories from Fat 85
	% Daily Value*
Total Fat 10g	**14**%
Saturated Fat 1.0g	**8**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 250mg	**10**%
Total Carbohydrate 90g	**30**%
Dietary Fiber 14g	**72**%
Sugars 46g	
Protein 11g	

Vitamin A 20% • Vitamin C 20%

Calcium 100% • Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
UNSWEETENED ALMOND MILK, BANANA, MEDJOOL DATE, ROLLED OAT, CACAO, MAPLE SYRUP, ORGANIC MACA, ORGANIC CHIA SEED, ORGANIC HEMP HEART, SAIGON CINNAMON

CONTAINS: ALMOND

the thrivery

6562 UNIVERYSITY PKWY
LAKEWOOD RANCH, FL 34240
www.thethrivery.com

keto smoothie

Nutrition Facts

Serving Size: 20 oz (567g)
Servings Per Container: 1

Amount Per Serving

Calories 150	Calories from Fat 90
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 50mg	**2**%
Total Carbohydrate 15g	**5**%
Dietary Fiber 7g	**28**%
Sugars 7g	
Protein 3g	

Vitamin A 100% • Vitamin C 10%

Calcium 15% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: IONIZED ALKALINE WATER, ORGANIC COCONUT MILK, ORGANIC SPINACH, ORGANIC BLUEBERRIES, AVOCADO, ORGANIC CHIA SEED

CONTAINS: COCONUT

the thrivery
2420 E STADIUM BLVD
ANN ARBOR, MI 48104
www.thethrivery.com

morning coffee

Nutrition Facts

Serving Size: 16 oz (454g)
Servings Per Container: 1

Amount Per Serving

Calories 420	Calories from Fat 190
	% Daily Value*
Total Fat 20g	**32**%
Saturated Fat 2.0g	**13**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 105mg	**5**%
Total Carbohydrate 47g	**16**%
Dietary Fiber 9g	**35**%
Sugars 26g	
Protein 16g	

Vitamin A 6% • Vitamin C 15%

Calcium 25% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: COLD BREW COFFEE, BANANA, UNSWEETENED ALMOND MILK, ALMOND BUTTER, MEDJOOL DATE, GARDEN OF LIFE CHOCOLATE PLANT BASED PROTEIN POWDER WITH PROBIOTIC, ORGANIC CACAO

CONTAINS: ALMOND

the thrivery

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LAKEWOOD RANCH, FL 34240
www.thethrivery.com

orange carrot

Nutrition Facts

Serving Size: 20 oz (567g)
Servings Per Container: 1

Amount Per Serving

Calories 390	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 85mg	**4**%
Total Carbohydrate 58g	**19**%
Dietary Fiber 10g	**40**%
Sugars 34g	
Protein 14g	

Vitamin A 170% • Vitamin C 150%

Calcium 10% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: IONIZED ALKALINE WATER, ORANGE, BANANA, CARROT, ORGANIC HEMP HEART, LEMON, RAW GINGER ROOT

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2420 E STADIUM BLVD
ANN ARBOR, MI 48104
www.thethrivery.com

spinach mango

Nutrition Facts

Serving Size: 16 oz (454g) Servings
Per Container: 1

Amount Per Serving

Calories 140	Calories from Fat 4
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 35mg	**2**%
Total Carbohydrate 35g	**12**%
Dietary Fiber 7g	**28**%
Sugars 24g	
Protein 4g	

Vitamin A 100% • Vitamin C 160%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: IONIZED ALKALINE WATER, ORANGE, ORGANIC COCONUT WATER, BANANA, SPINACH, MANGO, PINEAPPLE

CONTAINS: COCONUT

the thrivery

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LAKEWOOD RANCH, FL 34240
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Strawberry Banana Smoothie

Nutrition Facts

1 serving per container

Serving size **16 oz (454g)**

Amount Per Serving

Calories **150**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 6g	**21%**
Total Sugars 23g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.3mg	8%
Potassium 880mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC UNSWEETENED COCONUT WATER, BANANAS, STRAWBERRIES, LEMON, CILANTRO, MINT

THE THRIVERY, 6562 UNIVERSITY PARKWAY, LAKEWOOD RANCH, FL 34202

Turmeric Banana

Nutrition Facts

1 serving per container

Serving size **16 oz (454g)**

Amount Per Serving

Calories **280**

	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 60g	**21%**
Dietary Fiber 7g	**26%**
Total Sugars 30g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 820mg	60%
Iron 9.3mg	50%
Potassium 1600mg	35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

UNSWEETENED ALMOND MILK, BANANA, TURMERIC, MEDJOOL DATE, ORGANIC CHIA SEED, ORGANIC HEMP HEART, SAIGON CINNAMON

CONTAINS: ALMOND

the thrivery

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LAKEWOOD RANCH, FL 34240
www.thethrivery.com

thrive bites

Nutrition Facts

Serving Size: 1 piece (71g)
Servings Per Container: 1

Amount Per Serving

Calories 140	Calories from Fat 90
	% Daily Value*
Total Fat 8g	**10**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 95mg	**4**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 2g	**8**%
Sugars 6g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ROLLED OAT, PEANUT BUTTER, SEMI-SWEET CHOCOLATE CHIPS, ORGANIC COCONUT OIL, RAW HONEY, ORGANIC MAPLE SYRUP, ORGANIC FLAXSEED, ORGANIC CACAO, ORGANIC HEMP HEART, ORGANIC CHIA SEED, UNSWEETENED COCONUT FLAKE, VANILLA EXTRACT

CONTAINS: MILK, PEANUT, COCONUT

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overnight oat

Nutrition Facts

Serving Size: 6 oz (170g)
Servings Per Container: 2

Amount Per Serving

Calories 360	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31**%
Saturated Fat 8g	**40**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 125mg	**5**%
Total Carbohydrate 41g	**14**%
Dietary Fiber 5g	**20**%
Sugars 16g	
Protein 8g	

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: RAW CASHEW, MEDJOOL DATE, ORGANIC STEEL CUT OAT, ROLLED OAT, BLUEBERRIES, ORGANIC COCONUT MILK, ORGANIC COCONUT OIL, ORGANIC VANILLA EXTRACT, UNSWEETENED COCONUT FLAKE, RAW ALMOND SLICES, SEA SALT

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Raw Raspberry Chia Pudding

Nutrition Facts

1 serving per container

Serving size **8 oz (227g)**

Amount Per Serving

Calories **320**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 20g	**71%**
Total Sugars 19g	
Includes 12g Added Sugars	**24%**
Protein 8g	
Vitamin D 2.1mcg	10%
Calcium 360mg	25%
Iron 3.9mg	20%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC COCONUT MILK, RASPBERRIES, FROZEN, UNSWEETENED, ORGANIC CHIA SEED, ALMOND MILK (ORGANIC ALMONDMILK (FILTERED WATER, ORGANIC ALMONDS), TRICALCIUM PHOSPHATE, SEA SALT, XANTHAN GUM, POTASSIUM CITRATE, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, ERGOCALCIFEROL (VITAMIN D2), DL-ALPHA TOCOPHEROL ACETATE (VITAMIN E)), ORGANIC MAPLE SYRUP, IONIZED ALKALINE WATER, VANILLA BEAN, EXTRACTIVES IN WATER, ALCOHOL (35%)

CONTAINS: ALMOND, COCONUT

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Vegan Chili

Nutrition Facts

2 servings per container

Serving size **8 (227g)**

	Per Serving		Per Container	
Calories	**180**		**350**	
		% Daily Value*		**% Daily Value***
Total Fat	4.5g	**6%**	9g	**12%**
Saturated Fat	0.5g	**3%**	1g	**5%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	710mg	**31%**	1420mg	**62%**
Total Carb.	28g	**10%**	57g	**21%**
Dietary Fiber	10g	**36%**	19g	**68%**
Total Sugars	5g		10g	
Incl. Added Sugars	0g	**0%**	0g	**0%**
Protein	8g		16g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	80mg	6%	160mg	10%
Iron	3.1mg	15%	6.2mg	35%
Potassium	660mg	15%	1320mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC KIDNEY BEANS, ORGANIC BLACK BEANS, ORGANIC TOMATO SAUCE (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), KUMATO TOMATOES, CARROTS, ONIONS, ORGANIC QUINOA, JALAPENOS, CHILI POWDER, ORGANIC SUNFLOWER OIL, GARLIC, ORGANIC SEA SALT, CLOVES, CUMIN

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Balsamic Vinaigrette

Nutrition Facts

2 servings per container

Serving size **2 Tbsp. (28g)**

	Per Serving		Per Container	
Calories	**180**		**360**	
		% Daily Value*		**% Daily Value***
Total Fat	19g	**24%**	37g	**47%**
Saturated Fat	2.5g	**13%**	5g	**25%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	160mg	**7%**	320mg	**14%**
Total Carb.	4g	**1%**	8g	**3%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	4g		7g	
Incl. Added Sugars	2g	**4%**	5g	**10%**
Protein	0g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.1mg	0%	0.1mg	0%
Potassium	10mg	0%	20mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC EXTRA VIRGIN OLIVE OIL, BALSAMIC VINEGAR, ORGANIC RAW HONEY, GRAIN DIJON MUSTARD, SHALLOTS, SEA SALT, BLACK PEPPER

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Lemon Garlic Vinaigrette

Nutrition Facts

2 servings per container

Serving size **2 Tbsp. (28g)**

	Per Serving		Per Container	
Calories	**130**		**270**	
		% Daily Value*		**% Daily Value***
Total Fat	15g	**19%**	29g	**37%**
Saturated Fat	2g	**10%**	4g	**20%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	260mg	**11%**	520mg	**23%**
Total Carb.	<1g	**0%**	2g	**1%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Incl. Added Sugars	0g	**0%**	0g	**0%**
Protein	0g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	10mg	0%
Iron	0mg	0%	0.1mg	0%
Potassium	10mg	0%	20mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC EXTRA VIRGIN OLIVE OIL, COLD PRESSED LEMON JUICE, GARLIC, SEA SALT, BLACK PEPPER

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Serious Green Salad Dressing

Nutrition Facts

12 servings per container

Serving size **2 Tbsp. (28g)**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 10mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC SUNFLOWER OIL, FILTERED WATER, COLD PRESSED LEMON JUICE, ORGANIC COCONUT AMINOS (COCONUT SAP, BALINESE SEA SALT), VINEGAR, APPLE CIDER, ORGANIC, RAW UNFILTERED, PARSLEY, BASIL, GREEN ONIONS, GARLIC, CHIVES, SEA SALT

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Breakfast Wrap

Nutrition Facts

1 Serving Per Container

Serving Size 1 wrap (297g)

Amount Per Serving

Calories 340

	% Daily Value *
Total Fat 27g	**35%**
Saturated Fat 14g	**68%**
Trans Fat 0.5g	
Cholesterol 305mg	**101%**
Sodium 670mg	**29%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 1.5mcg	8%
Calcium 160mg	15%
Iron 3mg	15%
Potassium 730mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Kumato Tomatoes, Egg, Spinach, Cream Cheese, Capers, Wheat Wrap, Dill weed, Lemon Juice

Contains: Eggs, Milk, Wheat

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